

DINNERLY



Feed-A-Crowd Beef and Bean Enchiladas: Same Meal Price, Double the Portions!



35 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- 2 tomatoes
- 400g black beans
- beef mince
- 20g smoky barbecue seasoning¹⁷
- 2 x 6 flour tortillas¹

WHAT YOU NEED

- 2 garlic cloves
- 1 tbs olive oil
- 2 tbs barbecue sauce
- olive oil spray (optional)

TOOLS

- oven tray
- baking paper
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 620kcal, Fat 25.4g, Carbs 60.4g, Proteins 31.8g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Thinly slice the **onion**. Cut the **tomatoes** into 1cm chunks. Crush or finely chop 2 **garlic cloves**. Drain and rinse the **black beans**.



2. Brown beef

Heat 1 **tbs olive oil** in a large deep frypan over medium heat. Cook the **onion**, stirring occasionally, for 6-7 mins until softened. Increase the heat to high. Add the **beef mince** and **garlic** and cook, breaking up the lumps with a spoon, for 3-4 mins until browned.



3. Add beans

Add the **beans**, **barbecue seasoning**, 2 **tbs barbecue sauce** and 125ml (½ cup) **water** to the beef and stir to combine. Bring to the boil, then reduce the heat to medium-high and cook, stirring occasionally, for 8 mins or until thickened. Taste, then season with **salt and pepper**. Remove the pan from the heat.



4. Bake enchiladas

Put the **tortillas** on a clean work surface. Spoon the **beef and bean filling** down the centre of each tortilla and roll to enclose, then put seam side down on the lined tray. Spray or brush with **olive oil**, then bake for 10 mins or until golden.



5. Serve up

Scatter the **tomato** over the **enchiladas**, divide among plates and enjoy!



6. Feed A Crowd

Feeding a large crew usually means lots of prep, so why not put others to work filling and rolling the tortillas.